

Suitable meals for Enhanced Recovery Patients (Colorectal) while in hospital

Guide to ordering a A SOFT, LOW RESIDUE DIET

When you have had surgery to your intestinal tract or had a stoma formed, the remaining bowel can take time to get back to its normal function.

When you start eating, it is recommended that you introduce foods that are more easily digested. However, try to not restrict your diet unnecessarily as diet is an important part of your recovery.

We recommend a diet that is **soft, low in fibre and moderate in fat**.

Fibre forms residue of undigested food particles in your bowel. Fried foods taken in large amounts, some tough meats and burnt foods also form residue.

This leaflet has been designed to help you to choose suitable meals whilst in hospital to reduce the amount of 'residue' formed in the bowel. This type of diet should only be followed for short periods. If you need to continue on this for longer than a week, you should be referred to the dietitian.

If you have any queries or problems regarding your diet during your stay, please ask to see the dietitian or member of the Catering Department.

The ward staff will select a **low fibre/residue** diet when ordering on MenuMate (electronic meal ordering system).

Not all the meals on the low fibre/residue diet are soft. As you should have the **soft, low residue diet**, please ensure you choose the **soft options** from the low fibre/low residue menu.

Below is a basic guide to helping you choose a low residue diet:

Breakfast:

Juice
Porridge, Rice Krispies or Cornflakes
High protein milk / Semi Skimmed milk
White bread

Butter / Sunflower spread / jam / marmite

Lunch and Supper:

Starter

Soup – ***without chunky bits***

White bread/ white roll

Orange juice

Main

Soft meal – ***no tough meats***

(Ensure you chew your food well)

Mashed potatoes/boiled potatoes/white rice/pasta– ***no chips / roast potatoes***

Carrot/swede – ***no peas / beans / chickpeas / spinach / onion / spring onion / stuffing***
(later on, you can try cauliflower or broccoli)

Jacket potato with butter (***without skin***) with tuna / cheese – ***no baked beans***

Sandwiches

No Salad

White bread sandwich with e.g. cheese / tuna / egg / salmon – ***no tough meat or salad. If sandwiches come with salad items e.g. cucumber/tomato these can be taken out and discarded.***

Dessert

Sponge/baked pudding – ***pick out any dried fruit, nuts or hard pieces***

Custard

Rice pudding

Milk dessert

Ice cream

Jelly

Smooth fruit yoghurt

Peach and pear fruit pot

Soft **ripe** banana - ***No fruit with peel***

Cheese and **cream crackers**

Snacks:

Chocolate / Madeira cake – ***No dried fruit / nuts***

Bourbons / custard creams

Mini cheddars

Custard pot

Rice pudding pot

Peach and pear fruit pot

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Drinks:

Tea / coffee / fizzy drinks / fruit squash / Oxo / Bovril / hot chocolate/malted drink

IF ITEMS ORDERED ARE NOT RECEIVED, PLEASE INFORM CATERING OR DIETITIAN.

Catering: 01935 384218

Dietitian: 01935 384250

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